

# Preparing to Sail

## Coasters Harbor Navy Yacht Club

[www.nwc.navy.mil/chnyc](http://www.nwc.navy.mil/chnyc)



# Safety and Comfort

- **Weather**
- **Clothing**
  - Warm
  - Cool
- **Sun Protection**
- **Deck shoes**
- **Jewelry**
- **Required Equipment**
  - Personal flotation
  - Distress signaling

# Weather Forecast

- **Local media**
  - Newspaper
  - Radio
  - TV
- **INTERNET**
  - [nwc.navy.mil/weather](http://nwc.navy.mil/weather)
  - [Intellicast.com](http://Intellicast.com)
  - [noaa.gov](http://noaa.gov)
- **Marina**
  - Whiteboard



# Marine Forecast

- Wind direction
- Wind velocity
- Visibility
- Wave height
- Warnings
- Temperature
  - Air
  - Water
- Sunrise
- Sunset
- Tides
  - Currents



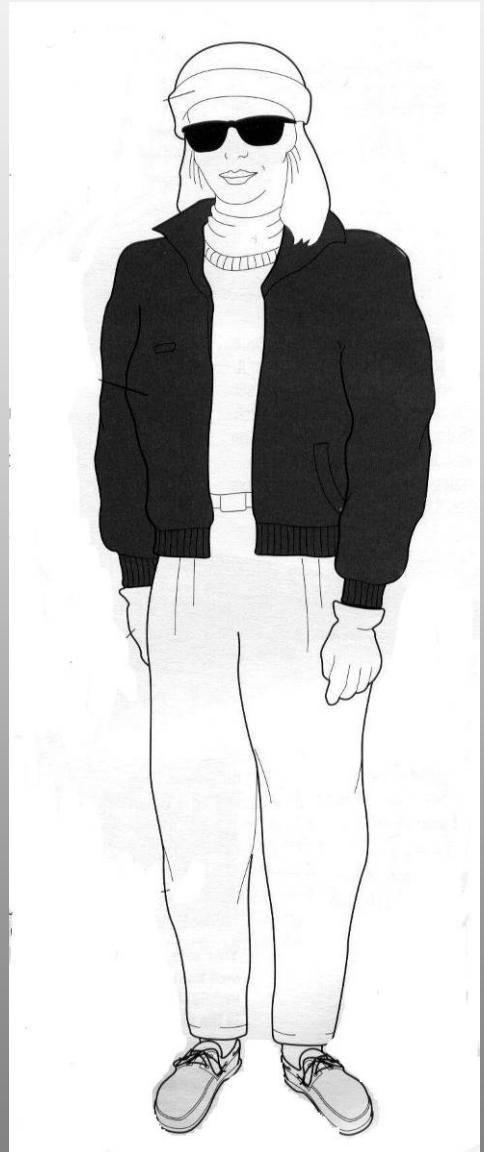
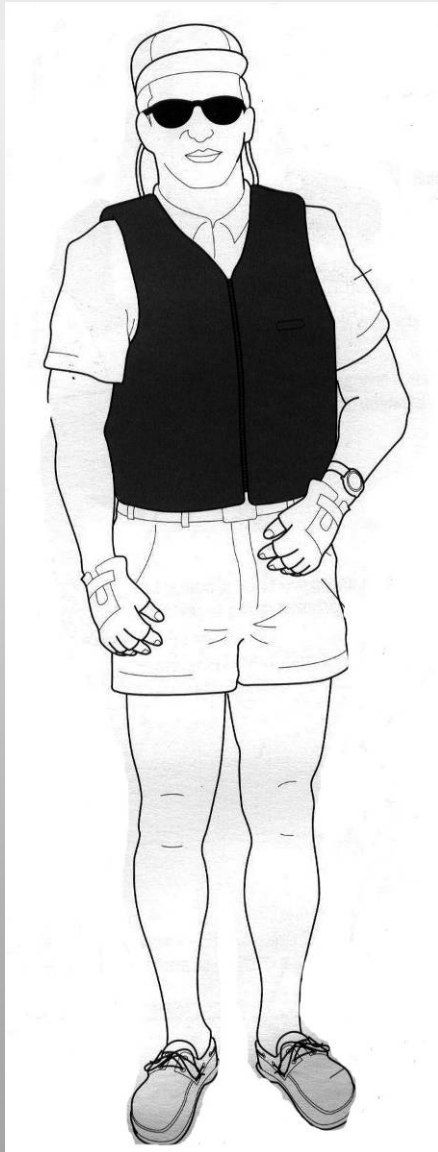
# Warm Weather Clothing

- **Stay comfortable**
- **Sun protection**
  - **Sun block (SPF)**
  - **Brimmed hat with “keeper”**
  - **Sunglasses with “keeper”**
- **Cotton collared shirt**
- **Relaxed fit pants/shorts**
- **Deck shoes**

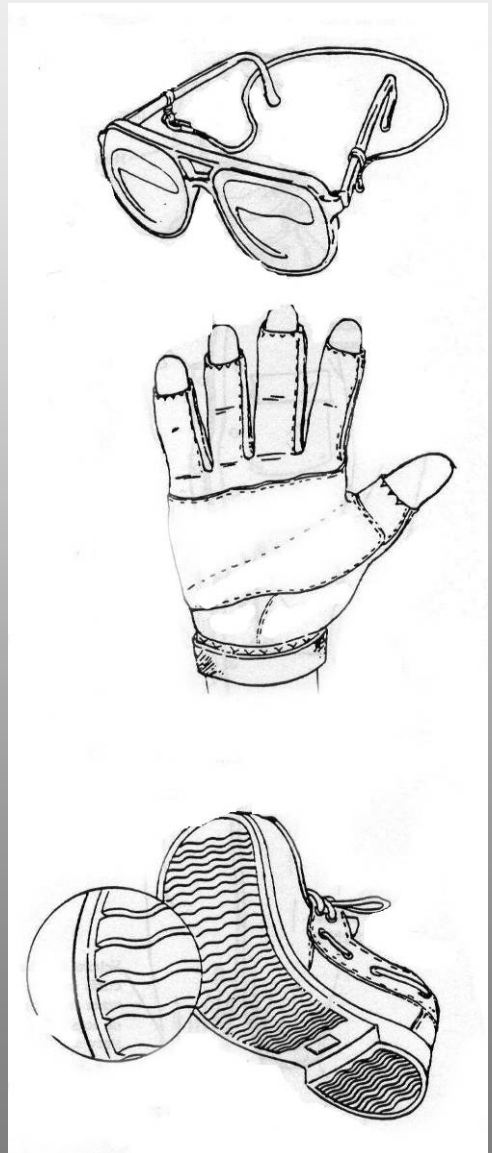
# Cool Weather Clothing

- **Stay comfortable**
- **Be prepared for change**
- **Layered approach**
  - Hat
  - Gloves
  - Socks
- **Relaxed fit**
- **Easy movement**
- **Stay dry**
  - Nylon-fleece jacket
  - Foul weather gear
  - No sweats

# Proper Clothing



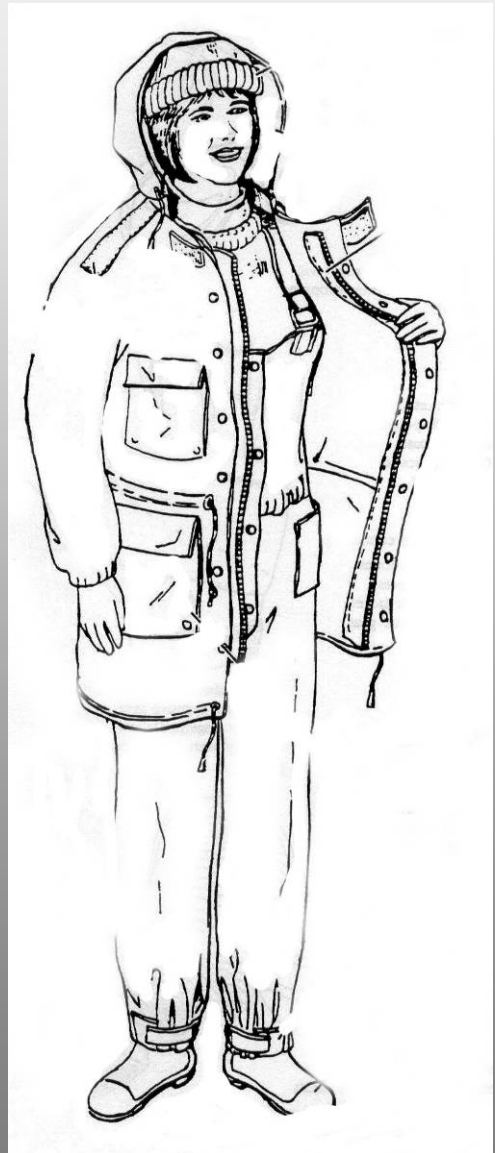
# Proper Clothing





# Foul Weather Gear

- **Sailing rain or shine**
- **Two pieces**
  - Jacket
  - Pants/bibs
- **Comfortable**
  - Movement
  - Layered
- **Flaps on pockets + zippers**
- **Closures ankles + wrists**
- **Many pockets**
- **Hood**

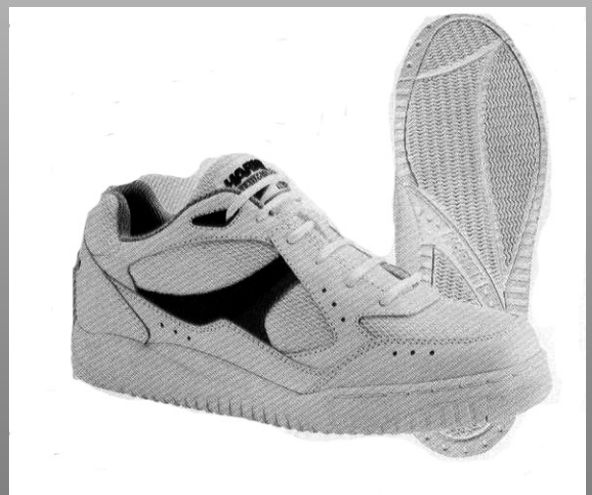


# Sun Protection

- **Sunscreen**
- **Sun protection factor**
  - **SPF 15 or higher**
  - **Even on cloudy days**
  - **Stay times**
- **Reflection off water**
- **Hat/cap**
- **Sunglasses**
  - **UV coating**
  - **Polaroid**

# Deck Shoes

- **Closed toed**
- **Grip wet deck**
  - Rubber soled
  - Razor cut
- **Non marking**
  - White soles



# Jewelry

- **Leave fine jewels ashore**
- **Watches**
  - Take a beating
  - Water resistant (proof?)
- **Rings**
  - Avoid “de-gloving”
- **Earrings**
  - No dangles
- **Bracelets**
  - MED Alert

# Personal Flotation

- **US Coast Guard approved**
- **Required equipment**
  - **Good condition**
  - **Proper size**
  - **Readily available**
- **One per person aboard**
- **Worn during training**
- **Five types**
  - **I through V**
- **Visible colors**

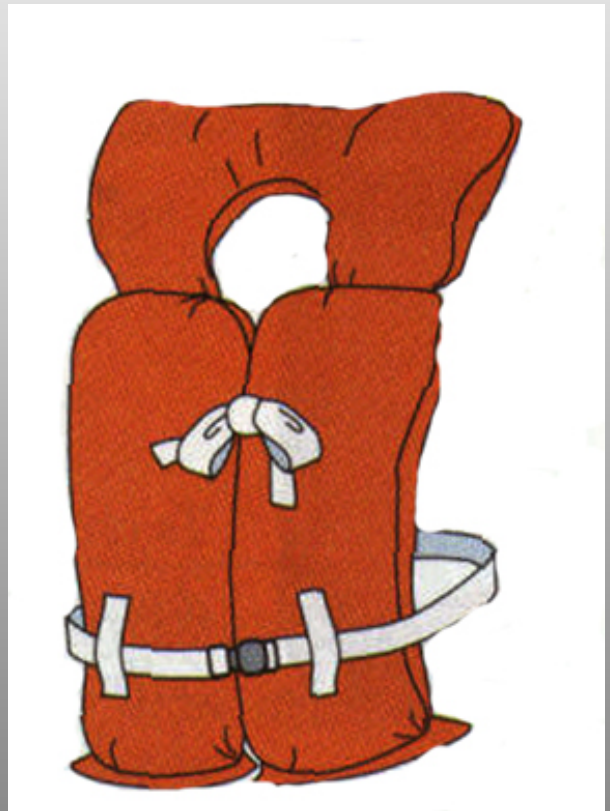
# PFD - Type I

- Offshore
- Bulky
- Very buoyant
- Moderate sea
- Turn most unconscious person face up



# PFD – Type II

- Near-shore
- Less bulky
- Less buoyant
- Turns most unconscious person face up
- Most common



# PFD – Type III

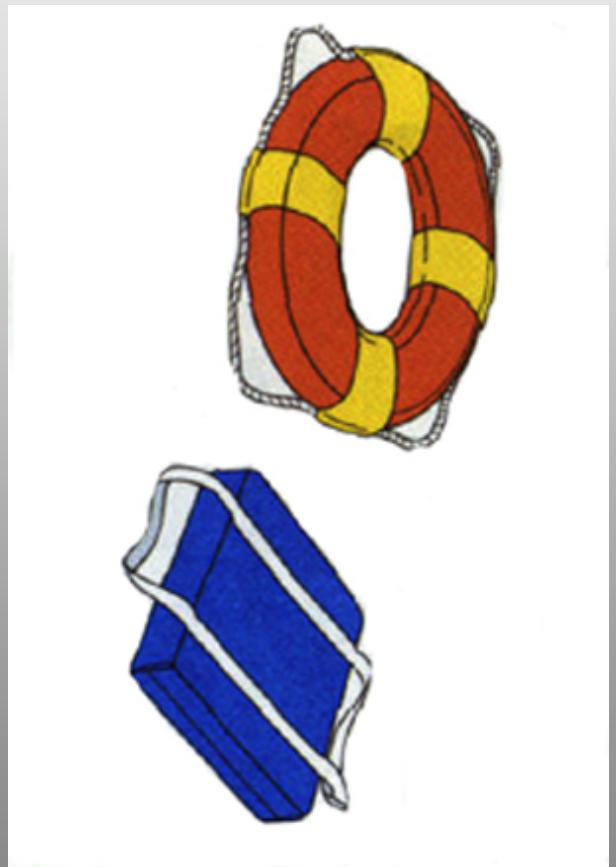
- Flotation aid
- More comfortable
- Easier to swim
- Not designed to keep face out of water





# PFD – Type IV

- **Throwable devices**
  - Cushions
  - Rings
- **Not for**
  - Rough water
  - Non-swimmers
  - Unconscious
- **One must be aboard in addition to other types**



# PFD – Type V

- **Special Use Devices**
  - Windsurfing
  - Water skiing
  - Kayaking
  - Hybrid
  - Inflatable
  - Deck suits
- **Must be worn to be acceptable**
  - Read label



# Other PFD



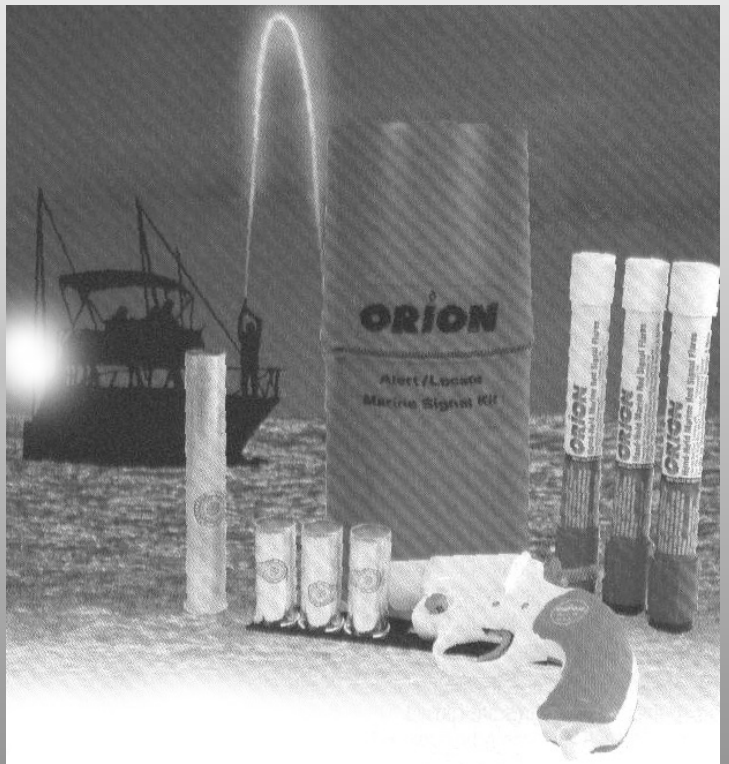
# Distress Signals

- **International**
  - Annex IV to COLREGS
- **Inland**
  - Same as international plus high intensity white light flashing 50-70 flashes per minute



# Distress Kits

- **Rockets**
  - Roman candle
- **Handheld**
  - Day
  - Night
  - Both
- **Pistol**
  - 12 gauge
  - Firearm?



# Hypothermia

- **Signs**

- Shivering
- Impaired judgment
- Dizziness
- Numbness
- Weakness
- Glassy stare
- Change level of consciousness

- **Treatment**

- Check pulse & breathing
- Seek medical assistance
- Gently move to warm place
- Remove wet clothing
- Gradually warm victim

# Equipment Issue

- **Sail bag**
  - Whistle attached
- **Paddle**
- **PFD type II**
  - One per passenger
- **PFD type IV**
- **Distress signaling**

# Other Safety

- **Sound device**
  - Whistle/horn
- **Paddle**
  - Multi-purpose boom crutch
- **Anchor and rode**
  - Danforth type
  - 100 ft nylon
- **Water bottle**
  - Dehydration
- **Optional**
  - Leatherman / knife
  - Flashlight
  - VHF radio
  - GPS
  - Bucket



# Prohibited By Law

- **Discharge of sewage**
- **Discharge of trash**
- **Discharge of oil**
- **Subject to substantial sanctions**
  - **Fines**
  - **Imprisonment**

# Summary

- **Feel safe**
- **Have fun**
- **If you're doing something wrong:**
  - Risk management
  - Prevent accidents
  - Ask questions
- **Preparation is the key!**